

Snacks

How Much Do Children Need?

Ages 1-6

Snacks or Supplements: Plan foods from at least two (2) different groups	USDA/CACFP	Washington State
	Ages 1-5	Ages 1-6
Vegetable and/or Fruit	½ cup	½ cup or 4 oz.
Grain Bread Crackers Tortillas/Pita Bread Cornbread, biscuit, roll, muffin Hot cooked cereal Pasta or noodles or grains	½ slice ½ serving ¼ cup ¼ cup	½ slice 2 large, 4 small ½-1/3
Meat and Meat Alternatives Beef, Poultry, Fish, Pork Peanut Butter Beans, cooked Nuts, seeds Tofu Egg Cheese, cottage cheese Yogurt	½ oz 1/8 cup 1/8 cup ½ oz ½ oz. ½ egg ½ oz 2 oz	½ oz 1 tbsp 1/8 cup or 2 tbsp ¼ oz. 2 oz. ½ egg ½ oz or 1/8 cup
Dairy Milk Yogurt, pudding, cottage cheese cheese	½ cup	½ cup or 4oz ½ cup or 4 oz ¾ oz

The amounts listed above are the minimum amounts to be served. You may find that you will want, or need to serve more to meet the needs of the children in your care.